

NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

November 2012

National Drunk and Drugged Driving Prevention Month

AKA: "3D" Month

December is designated annually as National Drunk and Drugged Driving Prevention Month. Daily, in the United States, almost 30 people die in motor vehicle crashes that involve an alcohol-impaired driver which amounts to one death every 48 minutes. 3D Month reminds us to "Designate Before We Celebrate" and encourages safe and sober driving.



HOW CAN YOU PREVENT DRUNK AND DRUGGED DRIVING THIS HOLIDAY SEASON?

Ensure Sailors are aware of "Safe Ride" programs available in the local area.

Implement an aggressive prevention campaign through various media channels. 3D banners are available for order; contact Sara Geer at sara.geer.ctr@navy.mil for more information.

Support designated driver programs at the command level.

Provide a recall list/contact numbers of **people Sailors** can call if they find themselves in trouble and/or need a ride home.

Establish a command policy that all Sailors returning from leave or extended liberty will be subjected to urinalysis testing.

Sign a page 13: **Have Sailors sign a page 13**, re-emphasizing the Navy's Zero Tolerance policy as it applies to all drug abuse, including the possession/ use of synthetic cannabinoids (Spice) and/or cathinones (Bath Salts).

Share lessons learned in holiday messages to promote smart choices.

Dispel myths in POD/POW found on the NADAP Website.

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<https://www.facebook.com/USN.NADAP>



Do You Have What it Takes to be a Designated Driver?

So you want to go out and have a good time. It has been a long week and you're looking forward to relaxing. Drinks with your friends at the local bar, dinner and a movie or maybe a ball game... Sounds good!

The designated driver is a great way to be safe when you are out and having drinks. The person who is the designated driver swears off alcohol for the event and promises to get everyone home safely. Sounds simple and easy, right? Sure, as long as the designated driver has a plan, along with the rest of the group.



First and most important, the designated driver cannot just be whoever is the least drunk. Many people are probably guilty of having “just one glass of wine or a beer” before getting behind the wheel. Depending on a number of factors, that one drink could be ‘one too many’. Decide on who will be the designated driver before going out, and then stick to the plan. Take turns being the designated driver on different occasions to allow everyone an opportunity to relax and enjoy the party.

It is important that the designated driver gets possession of the car keys first, before going out. The designated driver gets the keys first to ensure he or she is the only one equipped to drive and eliminates the designated driver from any hassles or uncomfortable circumstances later in the evening.

The designated driver makes a commitment to stay sober for the duration of the outing/event. If you have a large group of people you may need to have more than one designated driver. Having a designated driver doesn't mean you can go crazy and become so intoxicated you are unable to think straight. If you're totally out of control there is a very good chance you will end up in some kind of trouble that your designated driver cannot protect you from. So play it safe and give yourself a limit on how much you are drinking too. Make sure you thank your designated driver while you're at it. Maybe paying for the gas or buying dinner, for example. It's a small amount to pay compared to the cost and embarrassment of a DUI or worse, the cost of a life.

For more information visit www.drinkinganddriving.org

Designated Driver Do's

- Designated driver gets the keys BEFORE the drinking begins.
- Designated driver refuses to drink ANY alcohol.
- Treat your designated driver to dinner or non-alcoholic drinks.
- Take turns being designated driver.
- Offer to be the designated driver.

Designated Driver Don'ts

- The designated driver is NOT the 'least drunk of the bunch'.
- Do NOT make the same person be the designated driver every time.
- **NOT EVEN ONE SIP!**



DrinkingAndDriving.Org
PREVENTION, EDUCATION, ASSISTANCE

UPC UNIVERSITY

A series of subjects aimed at enhancing awareness of the Navy's Drug Testing Program for Urinalysis Program Coordinators.



Topic 1: Chain of Custody - "A Career in a Bottle"

For the vast majority of Sailors, urinalysis is an uneventful occurrence that happens at least once a year. Every urinalysis sample has the potential to end a Sailor's career, so it is vital that samples are collected properly and safeguarded appropriately throughout the testing process. This is assured by establishing a chain of custody which accurately identifies the sample's owner and accounts for its whereabouts and condition from collection until it is ultimately disposed of by the Navy Drug Screening Lab.

Establishing the Chain of Custody

The chain of custody is reflected on the Specimen Custody Document (DD Form 2624) and begins when an empty specimen bottle is provided to the member and he/she verifies that the bottle is empty and free of contaminants. The specimen bottle should not be touched or handled by anyone else until after the specimen bottle is returned to the UPC by the member. The labeling information is verified by the member, initialed by both parties and affixed to the sample bottle in the member's presence. The UPC verifies that the information on the sample labels matches the information on the front of the DD Form 2624 and notes any discrepancies.

Look for videos detailing the intake procedure and laboratory chain of custody at the NDSP section of the NADAP web page.

www.nadap.navy.mil



The UPC shall collect the specimen bottles and consolidate them into batches of up to 12 and ensure the batch remains intact for shipping to the Navy Drug Screening Laboratory. Each transfer of custody **shall** be documented on the back of the DD Form 2624. When specimen bottles are stored in a secure storage location, that location is treated like an individual that has held and released the sample to the next in the chain of custody. Incorrectly annotating secured storage is one of the most common chain of custody errors made by commands.

Chain of Custody Breakdowns

Maintaining a chain of custody ensures the integrity of the test results and validates the member whose identifying information on the specimen bottle is indeed the member who provided the sample. All of the efforts to properly collect and document a sample can be undone by a compromised chain of custody. Some errors that require documentation on the DD Form 2624 include the addition of a second tamper seal, SSN or other discrepancies between the label and DD Form 2624, members not providing a sample or samples voided on the form but still received. Any annotations made to the DD Form 2624 should be done by forensic correction. **A forensic correction is a single line through the error, correction, initial and date.** When doubt is introduced to the source or integrity of a specimen, any positive result could face legal challenge and render the sample as unusable at NJP or courts-martial. It is important to document administrative errors or procedural errors (i.e. taping) to prevent the integrity of the sample being questioned. For detailed guidance on documenting the chain of custody, refer to the NDSP section of the NADAP web page (WWW.NADAP.NAVY.MIL) and look under Packaging & Transportation.

Laboratory Intake

When samples arrive at the Navy Drug Screening Laboratory, the DD Form 2624 is reviewed for errors and any noted discrepancies are reported to the submitting command. A laboratory chain of custody is established and associated with the individual sample which will follow it until disposal. The testing lab issues each sample a unique laboratory accession number (LAN), which will follow the sample and any portions of the sample used for additional testing. Samples at the laboratory are referred to by their LAN and referenced from their testing date, not their collection date. Look for videos detailing the intake procedure and laboratory chain of custody at the NDSP section of the NADAP web page also.



Find various videos at the NADAP webpage detailing the Navy Drug Testing procedures.
<http://www.public.navy.mil/bupers-npc/support/nadap/Pages/NDSP.aspx>



Curriculum Revision Update

Work continues on the revision to the DEFY curriculum and is tracking for an on-time completion. The vendor recently completed two additional video vignettes to complement the curriculum. The new curriculum will add topics on youth and finances, living drug free (Red Ribbon Week observance), and a refresher topic designed to review and reinforce drug resistance skills. In addition, the revision updates all other current topics to ensure accuracy and relevancy. We anticipate the new curriculum will be rolled out at the 2013 DEFY Train-the-Trainer events.



The development of a standardized staff training curriculum is also on schedule for delivery at the 2013 DEFY Train-the-Trainer events. This curriculum will provide a standardized approach to staff training at local DEFY programs and is expected to improve the efficiency and effectiveness of the local programs.

Secretary of Defense Community Drug Awareness Award (CDAA)

This October, the Commanding Officer and Local Program Coordinator from the Naval Computer and Telecommunications Area Master Station Atlantic (NCTAMS LANT) DEFY



program traveled to the Pentagon to receive the 22nd Annual Secretary of Defense Community Drug Awareness Award on at the Pentagon Hall of Heroes. The CDAA award is presented annually to the best drug demand reduction program (DDRP) within each service, the National Guard bureau, and the Defense agencies. The award was established by the Department of Defense (DoD) in 1990 in an effort to promote its support of outreach and prevention programs within DoD community.

It's Party Time - A Good Host's Party Planning Check List

The holidays are here and you want your party to go off without a hitch. But you also want your guests to get home safely afterwards. If you throw a party and plan to serve alcohol, you should be aware of your responsibilities. As the host, there is potential legal liability if an intoxicated party guest drives away and gets in an accident. Before, during, and after your party, there are things you can do to keep everyone safe.

Party Preparation

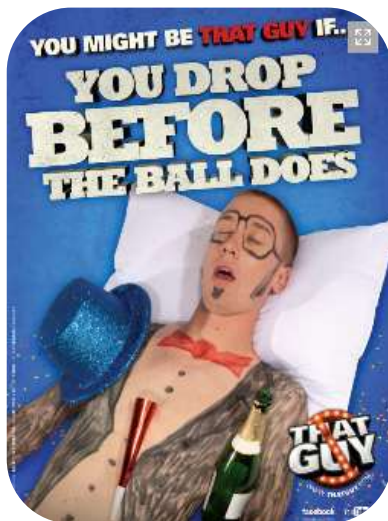
- ☐ Remember you are potentially liable if anyone leaves and has an accident.
- ☐ Prepare for an overnight guest or two – air mattresses and sleeping bags, anyone?
- ☐ Have taxi phone numbers handy
- ☐ Make sure you know who the designated drivers are.
- ☐ Make sure the designated drivers have the keys.
- ☐ Make sure designated drivers are parked where they are not blocked by other cars.
- ☐ Plan activities like party games, door prize drawings or amateur fortune-telling. Planned activities engage people, make for less active consumption of alcohol and ensure that your friends remember the great event long after the last piece of confetti has settled.
- ☐ Provide plenty of food to keep your guests from drinking on an empty stomach.
- ☐ Avoid too many salty snacks, which tend to make people thirsty and drink more.
- ☐ Offer non-alcoholic beverages or mocktails for designated drivers and others who prefer not to drink alcohol.

During the Party

- ☐ Make sure the designated drivers don't drink.
- ☐ Be aware of who gets too drunk to drive and make sure they have a safe ride home.
- ☐ Don't let anyone leave without your knowledge.
- ☐ Never serve alcohol to someone under the legal drinking age, and never ask children to serve alcohol at parties.
- ☐ Don't let guests mix their own drinks. Choosing a reliable "bartender" will help you keep track of the size and number of drinks that guests consume.
- ☐ If a guest appears to be drinking a bit much, offer to freshen his or her drink with a virgin version.
- ☐ Do not push drinks! Drinking at a party is not mandatory for having a good time.
- ☐ Have fun – but not too much fun. To be a good host, you should stay within your limits in order to make sure your guests stay within theirs.
- ☐ Close the bar 90 minutes before the party ends and serve a great dessert treat with coffee. Remember, only time sobers someone who has been drinking.
- ☐ If, despite your efforts, some of your guests have had too much to drink- take control. Drive them home, arrange for a ride with another guest who is sober, call a taxi, or invite them to stay over.

What Every Host Needs to Know

- Don't rely on coffee to sober up your guests. Only time can make someone sober.
- Beer and wine are just as intoxicating as hard liquor. A 12-ounce can of beer, a five-ounce glass of wine, a 12-ounce wine cooler, or an ounce and a half of liquor all contain the same amount of alcohol.
- Don't rely on someone's physical appearance to determine if he or she has had too much to drink.
- Mixers won't help dilute alcohol. Carbonated mixers like club soda or tonic water cause alcohol to be absorbed into a person's system more quickly. Fruit juice and other sweet mixers mask the taste of alcohol and may cause people to drink more.
- Find more helpful tips at www.madd.org



That Guy Campaign- Top 5 Do's and Don'ts

That Guy is a research-based DoD/TRICARE behavior change campaign that employs a humorous approach and focuses on social disapproval to help reduce binge drinking among the junior enlisted across all branches of service. To successfully launch and sustain the *That Guy* campaign at your installation visit

www.thatguy.com/resources .

Remember, that *That Guy* has been formally researched with the 18-24-year-old junior enlisted population and it is critical that you adhere to the following Top 5 Do's and Don'ts:

DON'T

- 1 **Don't** use top-down messaging. Research shows that junior enlisted don't respond to senior authority actively communicating the "Don't be That Guy" message.
- 2 **Don't** use *That Guy* materials in substance abuse trainings/presentations, health clinics, safety stand downs or counseling sessions, including peer counseling. Research shows that the junior enlisted are not receptive to *That Guy* messages in these environments.
- 3 **Don't** create co-branded materials or signage using the *That Guy* logo. This logo may not appear alongside any other organizational logos, military or non-military. Research shows that the junior enlisted population prefers that the campaign have no visible military affiliation and prefers seeing *That Guy* as an independent campaign.
- 4 **Don't** generate news or articles about *That Guy* for broadcast, print or online publication. As a viral campaign, overemphasizing the intention and origin of *That Guy* as a DoDfunded campaign undermines the self-discovery process of the junior enlisted audience.
- 5 **Don't** assume that using *That Guy* materials at your installation for only several months constitutes effective and complete implementation of the campaign. Materials should be visible in many locations over an extended period of time.

DO

- Do** promote *That Guy* materials in a stealthy, viral manner so that junior enlisted can discover *That Guy* on their own and consider the messaging at their own pace and on their terms.
- Do** use *That Guy* materials in locations frequented by the junior enlisted population, including recreational areas such as fitness and bowling centers, bathroom urinals/stalls, installation bars/clubs, off-installation bars/clubs, barracks, Class VI, Shoppette, etc.
- Do** create your own unique *That Guy* materials and activities. You may use graphics and artwork found at www.ThatGuy.com/Resources to develop materials unique to your installation. However, the *That Guy* logo is trademarked and you must use one of the campaign's pre-qualified DoD vendors when creating your own materials using *That Guy* graphics/artwork. Email info@thatguy.com for vendor information.
- Do** feature *That Guy* in broadcast, print or online by using materials specifically created for these channels. These channel-specific materials are discussed later in this document and include broadcast PSAs, pre-written advice columns, cartoons, Web graphics and banners.
- Do** order *That Guy* materials and sustain a constant presence for the campaign for at least one year on and around your installation. Behavior change campaigns require constant visibility and high awareness levels to be effective.

DUIs during the Holidays have Decreased

The holidays are always a time to celebrate, but celebrations can become dangerous situations when alcohol is involved. One unfortunate consequence of the holiday season is a sharp increase in alcohol-related accidents and deaths. NADAP continues to encourage commands to stress the importance of responsible use of alcohol and driving safe and sober during the holidays. Thanks to everyone's efforts the message has been being received loud and clear. Over the past four years, driving under the influence (DUIs) incidents have decreased by 44 percent Navy-wide between the timeframe of 22 December through 02 January



A DUI is something that no one, regardless of whether they are serving in the military or not, would like to have on their record. In the case of Sailors, however, it may be worth reiterating that a DUI is listed as among the negative performance indicators considered by selection and promotion boards. It may result in the following: mandatory participation in a rehabilitation program, adverse performance evaluations and fitness reports, relief for cause, and reduced career opportunities.

While the number of driving under the influence (DUI) reports in the Navy has declined during the Holiday season, commands must continue their effort in preventing drinking and driving.

Time Frame	DUIs	
24 Dec 2008 - 02 Jan 2009	59	
24 Dec 2009 - 02 Jan 2010	54	8.4 % Decrease
24 Dec 2010 - 02 Jan 2011	44	18.5% Decrease
24 Dec 2011 - 02 Jan 2012	33	25% Decrease
Overall Decrease	44.1%	

FY12 STATISTICS

ARIs & DUIs

OCT	350	102
NOV	309	72
DEC	324	117
JAN	368	104
FEB	324	97
MAR	368	119
APR	382	101
MAY	335	78
JUN	318	69
JULY	253	58
AUG	178	57
SEP	100	31

MEM POS & TOTAL TESTED

OCT	92	95,072
NOV	119	101,388
DEC	85	89,804
JAN	112	121,204
FEB	97	97,630
MAR	121	100,629
APR	118	98,058
MAY	133	95,791
JUN	131	93,686
JULY	170	95,702
AUG	170	90,029
SEP	238	83,703

Substance Abuse Prevention Campaigns Made Easy

NADAP provides a variety of campaigns intended to promote substance abuse awareness. And to make it even easier, the majority of campaign materials are now available through the Navy Logistics Library (NLL) at no cost to all Navy commands. Supply personnel must order them via <https://nll1.ahf.nmci.navy.mil> (for NMCI computers) or <http://www.navsup.navy.mil/navsup> (if NMCI is not available).

To learn more visit www.nadap.navy.mil

Campaign	Message	Materials	How to Order
Who Will Stand Your Watch?	A substance abuse prevention campaign designed to educate Sailors of the negative impact substance abuse can have on a Sailor's family, shipmates, and career.	<ul style="list-style-type: none"> • Pamphlets • Posters • PSAs 	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: <i>NADAP</i>
The Domino Strategy on How to Drink Responsibly	A social marketing campaign that encourages Sailors to pay attention to the size, content and amount of alcohol they consume each time they drink.	<ul style="list-style-type: none"> • Pamphlets • Posters • Banners • Table Tents • PSAs 	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: <i>Domino</i>
Spice: It's Not Legal. It's Not Healthy. It's Not Worth it.	An informational poster produced by the Navy Bureau of Medicine and Surgery about the designer drug Spice.	Posters	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: <i>Spice</i>
That Guy	That Guy is a research-based DoD/TRICARE behavior change campaign that employs a humorous approach and focuses on social disapproval to help reduce binge drinking among the junior enlisted across all branches of service.	<ul style="list-style-type: none"> • Posters • Coasters • Playing Cards • etc. 	Visit: www.thatguy.com/resources
Sailor's Guide for Substance Abuse Prevention	Pocket-sized guides address substance abuse in the Navy and provide tips, strategies, and resources to increase your awareness, understanding and control of substance abuse.	Pocket Guide	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: <i>NADAP</i>
Street Drug Booklet	An 80 page booklet filled with high-resolution photographs covering all commonly abused street drugs today including K2 or Spice and Bath Salts.	Booklet	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: <i>NADAP</i>
Prevention Banners	Awareness banners intend to promote various prevention topics. Can be placed at gate entrance s, building entrances and events around base.	Banners	1. Supply personnel must order them via https://nll1.ahf.nmci.navy.mil 2. In the Keyword field search: <i>NADAP</i>